



Community & Recreation Center Services Division
Sports and Fitness Section - Youth
Youth Track & Field Information Summary

MECKLENBURG COUNTY PARK AND RECREATION

Mission: to enrich the lives of our citizens through the stewardship of the County's natural resources and the efficient and responsive provision of quality leisure opportunities, experiences, and partnerships.

YOUTH SPORTS PROGRAM PHILOSOPHY

The three main goals for our youth sports programs are:

1. Safety
2. Fun

3. Participant development based on:

Everyone Plays: Provide opportunities to learn skills and improve conditioning by minimizing roster sizes and ensuring players play at least half of every game. **Balanced Teams:** Build teams that are evenly balanced on age and experience. **Positive Coaching:** Train and encourage coaches to help develop a child's sense of self-worth. **Sportsmanship:** Create a safe, fair, fun and positive environment based on mutual respect.

AGE DIVISIONS (Age as of April 1, 2018)

Coed: 5-6, 7-8, 9-10, 11-12, 13-14, 15-18

REGISTRATION PERIOD

Coed: February 1-28 (Limited Spots Available)

Required at time of registration:

- Complete Registration Form/Waiver (available at any Recreation Center or at www.parkandrec.com)
- (If registering on-line, registration form and waiver must be completed and photo submitted before participation is permitted)
- Provide copy of participant Birth Certificate

Season: Practices begin in March. Meets April 15, April 21, April 29, May 5, and May 12 at Johnson C. Smith University

Equipment provided: 1 jersey and 1 pair of shorts

Equipment Needed: We recommend track spikes since they provide better stability and traction and can minimize slips and falls when participating. Only ¼ inch spikes will be allowed.

Cost: \$65.00 per participant, which includes uniform and trophy. May pay by cash, check, money order, Visa or Master Card (*checks and money orders must be made payable to MCPRD)

\$10 Late registration fee beginning March 1.

Registration: Visit any recreation center and register on site, or visit us on-line at www.parkandrec.com/athletics/track.



ADDITIONAL INFORMATION & RESOURCES

Website: www.parkandrec.com
Athletics Division: 980.314.1116
Youth Sports Leagues Information Line: 704.432.3834
Email questions to: YouthSports@MecklenburgCountyNC.gov

VOLUNTEER YOUTH SPORTS COACHES

Mecklenburg County Park and Recreation Department Youth Sports Leagues rely heavily on the support of volunteer coaches. Anyone who may be interested in volunteering as a head or assistant coach should contact their preferred recreation center

to begin the application process. Any parent choosing to be a volunteer head coach will receive a waiver for \$65.00 for their child's registration fee. Waiver limited to one child. A pre-season coaches meeting will be held Thursday, March 22nd and Monday, March 26th from 6:00-7:30pm at Revolution Park Sports Academy (register with course code #73964). Coaches are asked to attend one session and can register at your local recreation center.

FREQUENTLY ASKED QUESTIONS

How is track and field organized? Track and Field is organized based on the number of participants registered within an age division within the county. Participants will be provided instruction locally and compete in five countywide, recreational meets.

What events can my child compete in? Your child will compete in developmentally appropriate disciplines to promote a love of athletics in a recreational setting.

Ages 5-6: 50-meter dash, 100m, 4 x 100-meter relay, standing long jump, and softball throw.

Ages 7-8: 50m or 100m, 200m or 400m, 4 x 100-meter relay, long jump, and turbo javelin.

Ages 9-10: 100-meter dash, 200m, 400m, 800m, 4 x 100-meter relay, long jump, and turbo javelin.

Ages 11-18: 100-meter dash, 400m, 800m, 1600m, 4 x 100-meter relay, long jump, and turbo javelin.

When and where will my child practice? The coaches will contact all parents regarding practice days and times. The time and weekday will be chosen by the volunteer coach assigned to your child's team. Due to coaches volunteering their time to help the children of our community, we like to accommodate their needs and work with their schedules and availability. Practices are typically held on weekday afternoons/evenings at, or nearby the site or center you are registered to participate through.

When and where are meets held? The meets are held at the Irwin Belk Complex on the campus of Johnson C. Smith University (500 Summit Ave.). **Parking is available inside JCSU's main campus.**

Where can I find the nearest Recreation Center to me? Visit www.parkandrec.com and under "Quick Links" click on "Find a Rec. Center". You can click on a map of our centers and also click on a specific center's link to find out contact and facility information.

Where can I go to seek additional training?

Our Partner, the Charlotte Flights offer more competitive programs throughout the year. For more info go to: www.charlotte-flights.org/.

Mecklenburg County Park and Recreation Department encourages and promotes inclusive leisure experiences in all of our programs, activities and sports. Inclusive leisure experiences encourage and enhance opportunities for people of varying abilities to participate and interact in life's activities together with dignity. It also provides an environment that promotes and fosters physical, social and psychological inclusion of people with diverse experiences and skill levels. Inclusion enhances individuals' potential for full and active participation in leisure activities and experiences.